## AMENDMENTS TO THE CLAIMS

1. (Currently amended) FoodA food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds, which comprises: a foodstuff with a) more than 5% by weight of water-soluble indigestible polysaccharides relative to a total amount of dried foodstuff, said indigestible polysaccharides capable of being decomposed by intestinal bacteria, and b) Bacillus coagulans, said foodstuff having a metal-containing yeast of 0.01% to 5.0% by weight and a protein component of 8% or less by weight, wherein said metal-containing yeast comprises a metal selected from the group consisting of Mg, Zn, Fe, Cu, Co and Mn.

## 2. (Cancelled)

- 3. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 1, wherein said indigestible polysaccharides are selected from the group consisting of pectin, polydextrose, alginic acid, fucoidan, chitin, chitosan, testa-derived hemicellulose, acacia gum, arum root-derived mannan, agar, and-sugar alcohol and polymers a polymer of sugar alcohol.
- 4. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 1, wherein said indigestible polysaccharides contains at least polydextrose and pectin with a ratio of 0.05 to 100 parts by weight of pectin to 100 parts of polydextrose.
- 5. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 1 or claim 4, further containing at least one of a trace metal, a vitamin and or a fat.
- 6. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 3, further containing at least one of a trace metal, a vitamin and or a fat.

- 7. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 1 or claim 4, which food is formed in a beverage, biscuit, cookie, cake, ice cream, sherbet, bread, noodle or jelly.
- 8. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 3, which food is in the form of a beverage, biscuit, cookie, cake, ice cream, sherbet, bread, noodle or jelly.
- 9. (Currently amended) Food The food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 5, which food is in the form of a beverage, biscuit, cookie, cake, ice cream, sherbet, bread, noodle or jelly.
- 10. (Currently amended) FoodThe food composition for lowering blood concentration of low-molecular-weight nitrogen-containing compounds according to claim 6, which food is in the form of a beverage, biscuit, cookie, cake, ice cream, sherbet, bread, noodle or jelly.